



Keeping an activity diary

Before we can send that gloomy cloud on its way, we need to find out how you are currently spending your time. We can use an "Activity Diary" to help with this.



Day	What I did	How I felt
Friday	I finished my history project this morning, then went to my friend's house after school.	It felt good to finish something. Playing with my friend was fun. 6/10
Saturday	I felt too poorly to go to netball practice. I spent the day at home in my pyjamas. I watched lots of films.	I felt worried that I've missed netball again. It was nice be able to stay at home but also quite lonely. 3/10

1



2

3

4

5

6

7

8

9

10

Feeling my worst ever

Mood rating

Feeling my best ever



How adults can help you

1

Adults can sit and listen to what you did and how it made you feel without interrupting. They can then help you write it down.

Guide Activity Diary Answers

Zhe Xu

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'Zhe Xu' text.

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